It Matters.
Because one small act can make the difference.

Confidential chat at VeteransCrisisLine.net or text to 838255

VA SUICIDE PREVENTION OVERVIEW
September 2013
Veterans today

Race & Ethnicity

- White alone, not Hispanic or Latino: 17.5 million
- Black: 2.4 million
- Hispanic or Latino: 1.2 million
- Asian: 265,000
- American Indian or Alaska Native: 157,000
- Native Hawaiian and Other Pacific Islander: 28,000

Service Era

- PEACE TIME: 25%
- POST SEPT 2001: 12%
- VIETNAM ERA: 32%
- GULF WAR: 14%
- KOREAN WAR: 10%
- WWII: 7%

Unfortunately, Veterans are more likely to die by suicide than the general population.

![Graph showing suicide rates per 100,000 population by age and gender, comparing Veterans receiving care in VHA to the general population.]

1. Veterans Health Administration National Patient Care Database (VHA NPCD) (2009). *Suicide Rates per 100,000 Among VHA Users by Age and Sex, FY 2001-2009.* Identifies all VHA users, identified as having had VHA inpatient or outpatient services.

Figure 1. Suicide Rates Among VHA Users by Sex and Fiscal Year

Serious Mental Illness Treatment Resource and Evaluation Center (SMITREC)
Preliminary findings suggest a decrease in non-fatal suicide events within VHA.
VA’s integrated approach to suicide prevention
Ready access to quality care
Free, confidential support 24/7/365

- Veterans
- Family members
- Friends
- Service members

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Veterans Crisis Line: 6 years of saving lives

- National Veterans Suicide Prevention Hotline
  - 2007
- Online chat
  - 2009
- Veterans Crisis Line
  - 2010
- Military Crisis Line
  - 1-800-273-8255
  - PRESS 1
  - 2011
- Text to 838255
  - Increased responders
  - 2012
- Mobile Site
  - 2013

- 975,000 calls
- 128,000 chats
- 15,000 texts
- 32,500 rescues

As of September 2013
Trained responders are standing by

Trained mental health professionals 24/7/365 Many are Veterans or family members of Veterans

Veterans Crisis Line
1-800-273-8255 PRESS 1

Confidential chat at VeteransCrisisLine.net or text to 838255
Suicide Prevention Coordinators

More than 300 SPCs nationwide
Connecting with Veterans and their families through outreach
Raising community awareness through public service advertising

“Common Journey”
June 2012- November 2012

“Side by Side”
November 2012- May 2013

“Stand by Them”
March 2013- currently running (September 2013)

“These Hands”
June 2013- currently running (September 2013)

“Talking About It Matters”
September 2013
Campaign materials

- Brochures and Posters
- Wallet Card
- Coaster
- Magnets
- Tote Bags
- Kickstand Pads
- Phone Sticker
- Table Tents
- Bracelet
VeteransCrisisLine.net/SpreadTheWord
VeteransCrisisLine.net/ResourceLocator

### Resource Locator

The Veterans Health Administration (VHA) provides Suicide Prevention Coordinators, general inpatient and outpatient psychiatric services at medical centers and community-based outpatient clinics.

1. **Select a Resource**
   - Suicide Prevention Coordinators
   - Veterans Benefits Administration Offices
   - Crisis Centers
   - VA Medical Centers
   - Outpatient Clinics

2. **Choose Location**
   - Search by Zip Code
   - Search by state

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### Choose Location

Results for Suicide Prevention Coordinators in zip code 20002

- **Toles-Lucas, Patricia**
  - approx. 3 miles away
  - Washington, DC 20422
  - P: 202-785-4000 ext 4999
  - F: 202-785-8169
  - Patricia.Toles@va.gov

- **Stonick, Zita**
  - approx. 33.4 miles away
  - Baltimore, MD 21201
  - P: 410-605-7268
  - F: 410-605-7771
  - baltimoresuicidepreventionteam@va.gov

- **Jones, Nikole**
  - approx. 56.5 miles away
  - Perryville, MD 21902
  - P: 410-333-5412 ext 1120
  - F: 410-642-1707
  - perrysuicidepreventionteam@va.gov

- **Johnson, Kent**
  - approx. 92.8 miles away
  - Wilmington, DE 19805
  - P: 302-738-5676
  - F: 302-633-5438
  - Kent.Johnson2@va.gov

- **Hohnes, Richard**
  - approx. 97.6 miles away
  - Coatesville, PA 19320-2096
  - P: 610-384-7711 ext 6843
  - F: 610-466-2269
  - vhacoanationalhotlinealerts@va.gov

- **Garrison-Dean, Jennifer**
  - approx. 106.6 miles away
  - Richmond, VA 23249
  - P: 804-675-3000 ext 3499
  - F: 804-675-5678
  - jennifer.garrison-dean@va.gov
Resources

- Mental Health
  - VHA provides specialty inpatient and outpatient mental health services at its medical centers and community-based outpatient clinics. All mental health care provided by VHA supports recovery, striving to enable a person with mental health problems to live a meaningful life in their community and achieve full potential.
  - For more information on VA Mental Health Services visit [www.mentalhealth.va.gov](http://www.mentalhealth.va.gov).

- Vet Centers
  - Vet Centers are VA community based centers that provide a range of counseling, outreach and referral services.
  - For more information about Vet Centers and to find the closest Vet Center to you visit [www.vetcenter.va.gov](http://www.vetcenter.va.gov).

- Community Provider Toolkit
  - VA’s Community Provider Toolkit offers Mini-Clinics, an online resource that enables clinicians to easily access information and tools for treating Veteran patients with various mental health conditions. These online “clinics” contain tools for assessing patients for these conditions, training clinicians to treat those patients, and educational handouts.
  - To access the Mini-Clinics and the useful resources they contain, visit [http://www.mentalhealth.va.gov/communityproviders/miniclinics.asp](http://www.mentalhealth.va.gov/communityproviders/miniclinics.asp).
Resources

- Make the Connection
  - MakeTheConnection.net is a one-stop resource where Veterans and their families and friends can privately explore information about physical and mental health symptoms, challenging life events, and mental health conditions. On this site, Veterans and their families and friends can learn about available resources and support. Visit www.MakeTheConnection.net to learn more.

- PTSD
  - Each VA medical centers have PTSD specialists who provide treatment for Veterans with PTSD. For more information about PTSD and to locate the VA PTSD program nearest you visit www.ptsd.va.gov.
  - PTSD Coach App The PTSD Coach application, allows phone users to manage their symptoms, links them with local sources of support and provides information on post-traumatic stress disorder (PTSD). Visit www.ptsd.va.gov/public/pages/PTSDCoach.asp.
Additional information and materials available at VeteransCrisisLine.net

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VA Mental Health Services (10P4M)

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